





FIG. 3

Time	Starting Sugar	Toasts	Meal	Insulin	Dose	Total	Ending Sugar
8:00 am	144	2 + 108	1	16	1	-432	-180
			2		2		
			Total		3		

FIG. 4

Time	Starting Sugar	Toasts			Meal			Insulin	Dose			Ending Sugar
		1	2	Total	1	2	3		Total			
8:00 am	144	2 <sup>+108</sup>		+36	+36		16 <sup>-432</sup>					180
9:00 am	180			+36	+36							216
10:00 am	216			+36	+36			-27				225
11:00 am	225								-27			198
12:00 pm	198								-27			171
1:00 pm	171								-27			144
2:00 pm	144								-27			117
3:00 pm	117								-27			90



FIG. 5

Time	Starting Sugar	Meal			Insulin	Dose			Ending Sugar
		Toasts	1	2		1	2	3	
6:00 am	144				16 <del>4</del> 32				144
7:00 am	144								144
8:00 am	144	2 <sup>+108</sup>	+36			-27			153
9:00 am	153		+36			-27			162
10:00 am	162		+36			-27			171
11:00 am	171					-27			144
12:00 pm	144					-27			117
1:00 pm	117					-27			90

FIG.6

Time	Starting Sugar	Toasts			Meal			Insulin	Dose			Total	Ending Sugar
		1	2	Total	1	2	Total		1	2	3		
8:00 am	144							16 <sup>-432</sup>					144
9:00 am	144												144
10:00 am	144	2 <sup>+108</sup>		+36	+36				-27			-27	153
11:00 am	153			+36	+36				-27			-27	162
12:00 pm	162			+36	+36				-27			-27	171
1:00 pm	171								-27			-27	144
2:00 pm	144								-27			-27	117
3:00 pm	117								-27			-27	90

FIG. 7

Time	Starting Sugar	Toasts		Meal		Insulin	Dose			Ending Sugar
		1	2	1	2		1	2	3	
8:00 am	144					16 <sup>-432</sup>				144
9:00 am	144	1 <sup>+54</sup>		+18						162
10:00 am	162			+18			-27			153
11:00 am	153			+18			-27			144
12:00 pm	144	1 <sup>+54</sup>		+18			-27			135
1:00 pm	135			+18			-27			126
2:00 pm	126			+18			-27			117
3:00 pm	117						-27			90

FIG. 8A

[illegible]

FIG. 8B

[illegible]

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FIG. 9A

Time	Starting Sugar	Meal			Insulin	Dose			Ending Sugar
		Toasts	1	2		1	2	3	
8:00 am		1 <sup>+54</sup>			1 <sup>-297</sup>				
9:00 am									
10:00 am		1 <sup>+54</sup>				-32.5		-32.5	
11:00 am						-32.5		-32.5	
12:00 pm		3 <sup>+162</sup>				-32.5		-32.5	
1:00 pm						-32.5		-32.5	
2:00 pm		1 <sup>+54</sup>				-32.5		-32.5	
3:00 pm						-32.5		-32.5	

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FIG. 9B

Time	Starting Sugar	Meal		Insulin	Dose		Total	Ending Sugar
		Toasts	1 2		1	2 3		
4:00 pm		1 <sup>+54</sup>		1 <sup>-297</sup>	16		-16	
5:00 pm					16		-16	
6:00 pm		3 <sup>+162</sup>			16	32	-48	
7:00 pm					16	32	-48	
8:00 pm					16	32	-48	
9:00 pm		1 <sup>+54</sup>			16	32	-48	
10:00 pm						32	-32	
11:00 pm						32	-32	

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FIG. 9C

[illegible]



FIG.10A

Time	Starting Sugar	Toasts		1		2	Total	Insulin	1	2	3	Total	Ending Sugar
8:00 am	108	1 <sup>+54</sup>		+18			+18	1 <sup>-297</sup>	-32.5			-32.5	126
9:00 am	126			+18			+18		-32.5			-32.5	144
10:00 am	144	1 <sup>+54</sup>		+18	+18		+36		-32.5			-32.5	148
11:00 am	148				+18		+18		-32.5			-32.5	133
12:00 pm	133	3 <sup>+162</sup>		+54	+18		+72		-32.5			-32.5	173
1:00 pm	173			+54			+54		-32.5			-32.5	195
2:00 pm	195	1 <sup>+54</sup>		+54	+18		+72		-32.5			-32.5	234
3:00 pm	234				+18		+18		-32.5			-32.5	220

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FIG. 10B

Time	Starting Sugar		Toasts			Meal			Insulin	Dose			Ending Sugar	
			1	2	Total	1	2	Total		1	2	3	Total	
4:00 pm	220	1 <sup>+54</sup>	+18	+18	+36				1 <del>1</del> -297	-16			-16	240
5:00 pm	240		+18		+18					-16			-16	242
6:00 pm	242	3 <sup>+162</sup>	+18	+54	+72					-16	-32		-48	266
7:00 pm	266			+54	+54					-16	-32		-48	272
8:00 pm	272			+54	+54					-16	-32		-48	278
9:00 pm	278	3 <sup>+54</sup>	+18		+18					-16	-32		-48	248
10:00 pm	248		+18		+18						-32		-32	234
11:00 pm	234		+18		+18						-32		-32	220

FIG. 10C

[illegible]

FIG. 11A

Time	Starting Sugar	Toasts		1		2	Total	Insulin	1	2	3	Total	Ending Sugar
8:00 am	108	1 <sup>+54</sup>		+18			+18	1 <sup>-29</sup>					126
9:00 am	126			+18			+18						144
10:00 am	144	1 <sup>+54</sup>		+18	+18		+36		-32.5			-32.5	147.5
11:00 am	147.5				+18		+18		-32.5			-32.5	133
12:00 pm	133	3 <sup>+162</sup>		+54	+18		+72		-32.5			-32.5	172.5
1:00 pm	172.5			+54			+54		-32.5			-32.5	194
2:00 pm	194	1 <sup>+54</sup>		+54	+18		+72		-32.5			-32.5	233.5
3:00 pm	233.5				+18		+18		-32.5			-32.5	219

FIG. 11B

Time	Starting Sugar	Toasts	1	2	Total	Insulin	1	2	3	Total	Ending Sugar
4:00 pm	219	1 <sup>+54</sup>	+18	+18	+36		-16.2			-16.2	239
5:00 pm	239		+18		+18		-16.2			-16.2	240.5
6:00 pm	240.5	3 <sup>+162</sup>	+18	+54	+72	1 <sup>-297</sup>	-16.2			-16.2	296.5
7:00 pm	296.5			+54	+54		-16.2			-16.2	334
8:00 pm	334			+54	+54		-16.2	-32.4		-48.6	339.5
9:00 pm	339.5	1 <sup>+54</sup>	+18		+18		-16.2	-32.4		-48.6	309
10:00 pm	309		+18		+18			-32.4		-32.4	294.5
11:00 pm	294.5		+18		+18			-32.4		-32.4	280

FIG. 11C

Time	Starting Sugar	Toasts			Meal			Insulin	Dose			Ending Sugar	
		1	2	Total	1	2	3		Total				
12:00 am	280									-32.4		-32.4	247.5
1:00 am	247.5									-32.4		-32.4	215
2:00 am	215									-16.2		-16.2	199
3:00 am	199									-16.2		-16.2	183
4:00 am	183									-16.2		-16.2	166.5
5:00 am	166.5									-16.2		-16.2	150.5
6:00 am	150.5									-16.2		-16.2	134
7:00 am	134									-16.2		-16.2	118

FIG.12A

Time	Starting Sugar	Toasts		1		2	Total	Insulin	1	2	3	Total	Ending Sugar
8:00 am	108	1 <sup>+54</sup>		+18			+18	15 <sup>-45</sup>					126
9:00 am	126			+18			+18						144
10:00 am	144	1 <sup>+54</sup>		+18	+18		+36		-45			-45	135
11:00 am	135				+18		+17		-45			-45	108
12:00 pm	108	3 <sup>+162</sup>		+54	+18		+72		-45			-45	135
1:00 pm	135			+54			+54		-45			-45	144
2:00 pm	144	1 <sup>+54</sup>		+54	+18		+72		-45			-45	171
3:00 pm	171				+18		+18		-45			-45	144



FIG. 12B

Time	Starting Sugar	Toasts	1	2	Total	Insulin	1	2	3	Total	Ending Sugar
4:00 pm	144	1 <sup>+54</sup>	+18	+18	+36	<del>7</del> -189	-22.5			-22.5	157.5
5:00 pm	157.5		+18		+18		-22.5			-22.5	153
6:00 pm	153	3 <sup>+162</sup>	+18	+54	+72		-22.5	-21		-43.5	181.5
7:00 pm	181.5			+54	+54		-22.5	-21		-43.5	192
8:00 pm	192			+54	+54		-22.5	-21		-43.5	202.5
9:00 pm	202.5	1 <sup>+54</sup>	+18		+18		-22.5	-21		-43.5	177
10:00 pm	177		+18		+18			-21		-21	174
11:00 pm	174		+18		+18			-21		-21	171



FIG. 12C

[illegible]

FIG.13A

Time	Starting Sugar	Toasts		1	2	Total	Insulin	1	2	3	Total	Ending Sugar
8:00 am	108	1 <sup>+54</sup>		+18		+18	<del>18</del> <sup>-486</sup>					126
9:00 am	126			+18		+18						144
10:00 am	144	1 <sup>+54</sup>		+18	+18	+36		-54			-54	126
11:00 am	126				+18	+18		-54			-54	90
12:00 pm	90	3 <sup>+162</sup>		+54	+18	+72		-54			-54	108
1:00 pm	108			+54		+54		-54			-54	108
2:00 pm	108	1 <sup>+54</sup>		+54	+18	+72		-54			-54	126
3:00 pm	126				+18	+18		-54			-54	90

FIG. 13B

Time	Starting Sugar	Toasts		1		2		Total	Insulin	1	2	3	Total	Ending Sugar
4:00 pm	90	1 <sup>+54</sup>		+18	+18			+36	<del>4</del> <sup>-108</sup>	-27			-27	99
5:00 pm	99			+18				+18		-27			-27	90
6:00 pm	90	3 <sup>+162</sup>		+18	+54			+72		-27	-13		-40	122
7:00 pm	122				+54			+54		-27	-13		-40	136
8:00 pm	136				+54			+54		-27	-13		-40	150
9:00 pm	150									-27	-13		-40	110
10:00 pm	110	1 <sup>+54</sup>		+18				+18			-13		-13	115
11:00 pm	115			+18				+18			-13		-13	120

FIG.14

Time	Starting Sugar	Toasts	1	2	Total	Insulin	1	2	3	Total	Ending Sugar
8:00 am	144					<del>18</del> 48					144
9:00 am	144										144
10:00 am	144	2 <sup>+108</sup>	+36		+36		-54			-54	126
11:00 am	126		+36		+36		-54			-54	108
12:00 pm	108		+36		+36		-54			-54	
1:00 pm	90						-54			-54	
2:00 pm							-54			-54	
3:00 pm							-54			-54	

FIG.15

Time	Starting Sugar	Toasts	1	2	Total	Insulin	1	2	3	Total	Ending Sugar
8:00 am	144					<del>18</del> <sup>486</sup>					144
9:00 am	144										144
10:00 am	144	2 <sup>+108</sup>	+36		+36		-54			-54	126
11:00 am	126		+36		+36		-54			-54	108
12:00 pm	108		+36		+36		-54			-54	90
1:00 pm	90	3.5 <sup>+189</sup>	+63		+63		-54			-54	99
2:00 pm	99		+63		+63		-54			-54	108
3:00 pm	108		+63		+63		-54			-54	117

FIG. 15 b

Time	Starting Sugar	Toasts		1		2	Total	Insulin	1	2	3	Total	Ending Sugar
4:00 pm	117							<del>4</del> -108	-27			-27	90
5:00 pm	90	3 <sup>+162</sup>	+54				+54		-27			-27	117
6:00 pm	117		+54				+54		-27	-12		-39	132
7:00 pm	132		+54				+54		-27	-12		-39	147
8:00 pm	147	1 <sup>+54</sup>	+18				+18		-27	-12		-39	126
9:00 pm	126		+18				+18		-27	-12		-39	105
10:00 pm	105	1 <sup>+54</sup>	+18	+18			+36			-12		-12	129
11:00 pm	129		+18				+18			-12		-12	135

FIG. 15c

[illegible]

FIG.16

Time	Starting Sugar	Toasts	1	2	Total	Insulin	1	2	3	Total	Ending Sugar
8:00 am	144					<del>18</del> <sup>48</sup>					144
9:00 am	144										144
10:00 am	144	2 <sup>+108</sup>	+36		+36		-54			-54	126
11:00 am	126		+36		+36		-54			-54	108
12:00 pm	108	2.5 <sup>+135</sup>	+36	+45	+81		-54			-54	135
1:00 pm	135			+45	+45		-54			-54	126
2:00 pm	126			+45	+45		-54			-54	117
3:00 pm	117	1 <sup>+54</sup>	+54		+54		-54			-54	117



FIG. 17A

Time	Starting Sugar	Toasts		1		2	Total	Insulin	1	2	3	Total	Ending Sugar
8:00 am	108	1 <sup>+54</sup>		+18			+18	<del>18</del> <sup>-486</sup>					126
9:00 am	126			+18			+18						144
10:00 am	144	1 <sup>+54</sup>		+18	+18		+36	<del>4</del> <sup>-108</sup>	-54			-54	126
11:00 am	126				+18		+18		-54			-54	90
12:00 pm	90	5 <sup>+270</sup>		+90	+18		+108		-54	-13		-67	131
1:00 pm	131			+90			+90		-54	-13		-67	154
2:00 pm	154			+90			+90		-54	-13		-67	177
3:00 pm	177								-54	-13		-67	110

FIG. 17B

Time	Starting Sugar	Toasts	1	2	Total	Insulin	1	2	3	Total	Ending Sugar
4:00 pm	110	2 <sup>+108</sup>	+36		+36	<del>6</del> <sup>-162</sup>	-27	-13		-40	106
5:00 pm	106		+36		+36		-27	-13		-40	102
6:00 pm	102		+36		+36		-27	-5	-18	-50	88
7:00 pm	88	3 <sup>+162</sup>	+54		+54		-27	-5	-18	-50	92
8:00 pm	92		+54		+54		-27	-5	-18	-50	96
9:00 pm	96		+54		+54		-27	-5	-18	-50	100
10:00 pm	100	2 <sup>+108</sup>	+36		+36			-5	-18	-23	113
11:00 pm	113		+36		+36			-5	-18	-23	126

FIG. 17C

[illegible]

FIG. 18A

Time	Starting Sugar	Toasts	1	2	Total	Insulin	1	2	3	Total	Ending Sugar
8:00 am	108	1 <sup>+54</sup>	+18		+18	<del>18</del> <sup>-48</sup>					126
9:00 am	126		+18		+18						144
10:00 am	144	1 <sup>+54</sup>	+18	+18	+36	<del>4</del> <sup>-108</sup>	-54			-54	126
11:00 am	126			+18	+18		-54			-54	90
12:00 pm	90	5 <sup>+270</sup>	+90	+18	+108		-54	-13		-67	131
1:00 pm	131		+90		+90		-54	-13		-67	154
2:00 pm	154		+90		+90		-54	-13		-67	177
3:00 pm	177						-54	-13		-67	110

FIG. 18B

Time	Starting Sugar	Toasts	1	2	Total	Insulin	1	2	3	Total	Ending Sugar
4:00 pm	110	2 <sup>+108</sup>	+36		+36		-27	-13		-40	106
5:00 pm	106		+36		+36		-27	-13		-40	102
6:00 pm	102	1 <sup>+54</sup>	+36	+18	+54		-27	-5		-32	124
7:00 pm	124			+18	+18		-27	-5		-32	110
8:00 pm	110			+18	+18		-27	-5		-32	96
9:00 pm	96	1 <sup>+54</sup>	+18		+18		-27	-5		-32	82
10:00 pm	82		+18		+18			-5		-5	95
11:00 pm	95		+18		+18			-5		-5	108

FIG. 18C

Time	Starting Sugar			Toasts			Insulin			Ending Sugar				
	1	2	Total	1	2	3	1	2	3	Total	1	2	3	Total
12:00 am	108										108			
1:00 am	108										108			
2:00 am	108										108			
3:00 am	108										108			
4:00 am	108										108			
5:00 am	108										108			
6:00 am	108										108			
7:00 am	108										108			

FIG. 19A

Time	Starting Sugar	Toasts	1	2	Total	Insulin	1	2	3	Total	Ending Sugar
8:00 am	108	1 <sup>+54</sup>	+18		+18	18 <sup>-486</sup>					126
9:00 am	126		+18		+18						144
10:00 am	144	1 <sup>+54</sup>	+18	+18	+36		-54			-54	126
11:00 am	126			+18	+18		-54			-54	90
12:00 pm	90	3 <sup>+162</sup>	+54	+18	+72		-54			-54	108
1:00 pm	108		+54		+54		-54			-54	108
2:00 pm	108	1 <sup>+54</sup>	+54	+18	+72		-54			-54	126
3:00 pm	126			+18	+18		-54			-54	90



FIG. 19B

Time	Starting Sugar	Toasts		1	2	Total	Insulin	1	2	3	Total	Ending Sugar
4:00 pm	90	1 <sup>+54</sup>		+18	+18	+36	10 <sup>-270</sup>	-27			-27	99
5:00 pm	99			+18		+18		-27			-27	90
6:00 pm	90	5 <sup>+270</sup>		+18	+90	+108		-27	-30		-57	141
7:00 pm	141				+90	+90		-27	-30		-57	174
8:00 pm	174				+90	+90		-27	-30		-57	207
9:00 pm	207							-27	-30		-57	150
10:00 pm	150	1 <sup>+54</sup>		+18		+18			-30		-30	138
11:00 pm	138			+18		+18			-30		-30	126





FIG. 20A

Time	Starting Sugar	Toasts	1	2	Total	Insulin	1	2	3	Total	Ending Sugar
9:00 am	108	2 <sup>+108</sup>	+36		+36	<del>12</del> <sup>-108</sup>					108
10:00 am	108		+36		+36		-36			-36	144
11:00 am	144		+36		+36		-36			-36	144
12:00 pm	144					<del>18</del> <sup>-162</sup>	-36			-36	144
1:00 pm	144	3 <sup>+162</sup>	+54		+54		-54			-54	108
2:00 pm	108		+54		+54		-54			-54	108
3:00 pm	108	1 <sup>+54</sup>	+54	+18	+72	<del>6</del> <sup>-162</sup>	-54			-54	126
4:00 pm	126			+18	+18		-18			-18	126

FIG. 20B

Time	Starting Sugar	Toasts	1	2	Total	Insulin	1	2	3	Total	Ending Sugar
5:00 pm	126			+18	+18		-18			-18	126
6:00 pm	126					<del>18</del> -162	-18			-18	108
7:00 pm	108	<del>3</del> +162	+54		+54		-54			-54	108
8:00 pm	108		+54		+54		-54			-54	108
9:00 pm	108		+54		+54	<del>6</del> -54	-54			-54	108
10:00 pm	108	<del>1</del> +54	+18		+18		-18			-18	108

FIG. 21A

	Time		Sample Results
Step 1	Time = 8:00 am	Blood sugar reading	180
Step 2	Immediately = 8:00 am	Eat 2 Toasts	
Step 3	+1/2 hour, Time = 8:30 am	Blood sugar reading	198
	+1/2 hour, Time = 9:00 am	Blood sugar reading	215
	+1/2 hour, Time = 9:30 am	Blood sugar reading	234
	+1/2 hour, Time = 10:00 am	Blood sugar reading	250
	+1/2 hour, Time = 10:30 am	Blood sugar reading	270
	+1/2 hour, Time = 11:00 am	Blood sugar reading	288

FIG. 21B

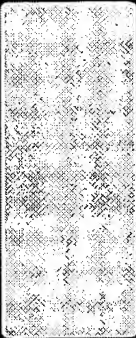
	Time		Your Results
Step 4	Immediately	11:00 am	
Step 5	+1/2 hour, Time = 11:30 am	Blood sugar reading	270
	+1/2 hour, Time = 12:00 pm	Blood sugar reading	250
	+1/2 hour, Time = 12:30 pm	Blood sugar reading	234
	+1/2 hour, Time = 1:00 pm	Blood sugar reading	215
	+1/2 hour, Time = 1:30 pm	Blood sugar reading	198
	+1/2 hour, Time = 2:00 pm	Blood sugar reading	180

FIG. 22

	Time		Original Results	Exercise Results
Step 1	Starting Time 8:00 am	Starting Blood sugar reading	180	144
Step 2	Immediately 8:00 am	Eat 2 toasts		
Step 3	1/2 hour later 8:30 am	Your typical exercise		
		Normal morning activities		
	3 hrs after first reading 11:00 am	Blood sugar reading	288	198

FIG.23A

Time	Starting Sugar	Toasts		1		2	Total	Insulin	1	2	3	Total	Ending Sugar
8:00 am	108												108
9:00 am	108	<del>2</del> <sup>+108</sup>			+36		+36	<del>12</del> <sup>-108</sup>	-36			-36	108
10:00 am	108				+36		+36		-36			-36	108
11:00 am	108				+36		+36		-36			-36	108
12:00 pm	108												108
1:00 pm	108	<del>3</del> <sup>+162</sup>			+54		+54	<del>18</del> <sup>-162</sup>	-54			-54	108
2:00 pm	108				+54		+54		-54			-54	108
3:00 pm	108	<del>1</del> <sup>+54</sup>			+54	+18	+72	<del>6</del> <sup>-54</sup>	-54	-18		-72	108

FIG. 23B

Time	Starting Sugar	Toasts		1		2	Total	Insulin	1	2	3	Total	Ending Sugar
4:00 pm	108					+18	+18			-18		-18	108
5:00 pm	108					+18	+18			-18		-18	108
6:00 pm	108							<del>18</del> -162	-54			-54	54
7:00 pm	54	<del>3</del> +162				+54	+54		-54			-54	54
8:00 pm	54					+54	+54		-54			-54	54
9:00 pm	54					-54	-54	<del>6</del> -54	18			-18	90
10:00 pm	90	<del>1</del> +54				+18	+18		-18			-18	90
11:00 pm	90					+18	+18	<del>26</del> (i)	-18			-18	90



FIG. 23C

[illegible]

FIG. 24A

Time	Starting Sugar	Toasts	1	2	Total	Insulin	1	2	3	Total	Ending Sugar
8:00 am	108										108
9:00 am	108	2 <sup>+108</sup>	+36		+36	<del>12</del> -108					144
10:00 am	144		+36		+36		-36			-36	144
11:00 am	144		+36		+36		-36			-36	144
12:00 pm	144						-36			-36	108
1:00 pm	108	3 <sup>+162</sup>	+54		+54	<del>18</del> -162					162
2:00 pm	162		+54		+54		-54			-54	162
3:00 pm	162	1 <sup>+54</sup>	+54	+18	+72	<del>6</del> -54	-54			-54	180

FIG. 24B

Time	Starting Sugar	Toasts		1		2	Total	Insulin	1	2	3	Total	Ending Sugar
4:00 pm	180					+18	+18			-54	-18	-72	126
5:00 pm	126					+18	+18				-18	-18	126
6:00 pm	126							18-162			-18	-18	108
7:00 pm	108	3+162				+54	+54			-54		-54	108
8:00 pm	108					+54	+54			-54		-54	108
9:00 pm	108					+54	+54	6-54		-54		-54	108
10:00 pm	108	1+54				+18	+18			-18		-18	108
11:00 pm	108					+18	+18	26(i)		-18		-18	108

FIG. 24C

Time	Toasts			Insulin			Total	Ending Sugar
	1	2	Total	1	2	3		
12:00 am	108	+18	+18		-18		-18	108
1:00 am	108							108
2:00 am	108							108
3:00 am	108							108
4:00 am	108							108
5:00 am	108							108
6:00 am	108							108
7:00 am	108							108

FIG.25A

Time	Starting Sugar	Toasts		1		2	Total	Insulin	1	2	3	Total	Ending Sugar
8:00 am	108												108
9:00 am	108	<del>2</del> <sup>+108</sup>			+36		+36	<del>12</del> <sup>-108</sup>					108
10:00 am	108				+36		+36		-36			-36	144
11:00 am	144				+36		+36		-36			-36	144
12:00 pm	144							<del>18</del> <sup>-162</sup>	-36			-36	144
1:00 pm	144	<del>3</del> <sup>+162</sup>			+54		+54		-54			-54	108
2:00 pm	108				+54		+54		-54			-54	108
3:00 pm	108	<del>1</del> <sup>+54</sup>			+54	+18	+72	<del>6</del> <sup>-162</sup>	-54			-54	126

FIG. 25B

Time	Starting Sugar	Toasts		1		2	Total	Insulin	1	2	3	Total	Ending Sugar
4:00 pm	126					+18	+18		-18			-18	126
5:00 pm	126					+18	+18		-18			-18	126
6:00 pm	126							<del>18</del> -162	-18			-18	108
7:00 pm	108	<del>3</del> +162			+54		+54		-54			-54	108
8:00 pm	108				+54		+54		-54			-54	108
9:00 pm	108				-54		-54	<del>6</del> -54	-54			-54	108
10:00 pm	108	<del>1</del> +54			+18		+18		-18			-18	108
11:00 pm	108				+18		+18	<del>26</del> (i)	-18			-18	108

FIG. 25C

Time	Toasts			Insulin			Total	Ending Sugar
	1	2	Total	1	2	3		
Starting Sugar	108							108
12:00 am		+18	+18		-18		-18	108
1:00 am								108
2:00 am								108
3:00 am								108
4:00 am								108
5:00 am								108
6:00 am								108
7:00 am								108

FIG.26A




Time	Starting Sugar	Toasts		1		2	Total	Insulin	1	2	3	Total	Ending Sugar
8:00 am	108												108
9:00 am	108	 <sup>+108</sup>			+36		+36	<del>12</del> <sup>-108</sup>	<del>36</del>			-36	108
10:00 am	108				+36		+36		<del>36</del>			-36	108
11:00 am	108				+36		+36		<del>36</del>			-36	108
12:00 pm	108												108
1:00 pm	108	 <sup>+162</sup>			+54		+54	<del>18</del> <sup>-162</sup>	<del>54</del>			-54	108
2:00 pm	108				+54		+54		<del>54</del>			-54	108
3:00 pm	108	 <sup>+54</sup>			+54	+18	+72	<del>6</del> <sup>-54</sup>	<del>54</del>	<del>18</del>		-72	108



FIG. 26B

Time	Starting Sugar	Toasts	1	2	Total	Insulin	1	2	3	Total	Ending Sugar
4:00 pm	108			+18	+18			-18		-18	108
5:00 pm	108			+18	+18			-18		-18	108
6:00 pm	108										108
7:00 pm	108	3 +162	+54		+54	18 -162	-54			-54	108
8:00 pm	108		+54		+54		-54			-54	108
9:00 pm	108		+54		+54		-54			-54	108
10:00 pm	108	1 +54	+18		+18	6 -54	-18			-18	108
11:00 pm	108		+18		+18	26(i)	-18			-18	108

FIG. 26C

[illegible]

FIG. 27A

Time	Starting Sugar	Toasts		1		2	Total	Insulin	1	2	3	Total	Ending Sugar
8:00 am	108	1 <sup>+54</sup>		+18			+18	18 <sup>-48</sup>					126
9:00 am	126			+18			+18						144
10:00 am	144	1 <sup>+54</sup>		+18	+18		+36		-54			-54	126
11:00 am	126				+18		+18		-54			-54	90
12:00 pm	90	3 <sup>+162</sup>		+54	+18		+72		-54			-54	108
1:00 pm	108			+54			+54		-54			-54	108
2:00 pm	108	1 <sup>+54</sup>		+54	+18		+72		-54			-54	126
3:00 pm	126				+18		+18		-54			-54	90

FIG. 27B

Time	Starting Sugar	Toasts	1	2	Total	Insulin	1	2	3	Total	Ending Sugar
4:00 pm	90	1 <sup>+54</sup>	+18	+18	+36	<del>4</del> <sup>-108</sup>	-27			-27	99
5:00 pm	99		+18		+18		-27			-27	90
6:00 pm	90	3 <sup>+162</sup>	+18	+54	+72		-27	-12		-39	123
7:00 pm	123			+54	+54		-27	-12		-39	138
8:00 pm	138			+54	+54		-27	-12		-39	153
9:00 pm	153						-27	-12		-39	114
10:00 pm	114	1 <sup>+54</sup>	+18		+18			-12		-12	120
11:00 pm	120		+18		+18	<del>26</del> <sup>(i)</sup>		-12		-12	126

FIG. 27C

[illegible]

## Chart I

FIG.28A

	Line	Time		Your Results
Step 1	1	Time =	Blood sugar reading	
Step 2	2	Immediately	Eat 2 Toasts	
Step 3	3	+1/2 hour, Time =	Blood sugar reading	
	4	+1/2 hour, Time =	Blood sugar reading	
	5	+1/2 hour, Time =	Blood sugar reading	
	6	+1/2 hour, Time =	Blood sugar reading	
	7	+1/2 hour, Time =	Blood sugar reading	
	8	+1/2 hour, Time =	Blood sugar reading	

# Chart I

























































































FIG. 28B

Line	Time	Your Results
Step 4 9	Immediately	Take 12 units of fast-acting insulin
Step 5 10	+1/2 hour, Time =	Blood sugar reading
11	+1/2 hour, Time =	Blood sugar reading
12	+1/2 hour, Time =	Blood sugar reading
13	+1/2 hour, Time =	Blood sugar reading
14	+1/2 hour, Time =	Blood sugar reading
15	+1/2 hour, Time =	Blood sugar reading

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**Chart II**

FIG. 29A

























































































Time	Starting Sugar	Toasts	1	2	Total	Insulin	1	2	3	Total	Ending Sugar
8:00 am											
9:00 am											
10:00 am											
11:00 am											
12:00 pm											
1:00 pm											
2:00 pm											
3:00 pm											



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# Chart II continued

























































































FIG. 29B

Time	Starting Sugar	Toasts			1			2			3			Total	Insulin	1	2	3	Total	Ending Sugar
4:00 pm																				
5:00 pm																				
6:00 pm																				
7:00 pm																				
8:00 pm																				
9:00 pm																				
10:00 pm																				
11:00 pm															26(i) 					

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# Chart II continued

FIG. 29C

Time	Starting Sugar	Toasts	1	2	Total	Insulin	1	2	3	Total	Ending Sugar
12:00 am											
1:00 am											
2:00 am											
3:00 am											
4:00 am											
5:00 am											
6:00 am											
7:00 am											

**Chart III**

FIG.30

	Line	Time		Original Results	Exercise Results
Step 1	1	Starting Time	Starting Blood sugar reading		
Step 2	2	Immediately	Eat 2 toasts		
Step 3	3	1/2 hour later	Your typical exercise		
	4		Normal morning activities		
	5	3 hrs after first reading	Blood sugar reading		

FIG.31a

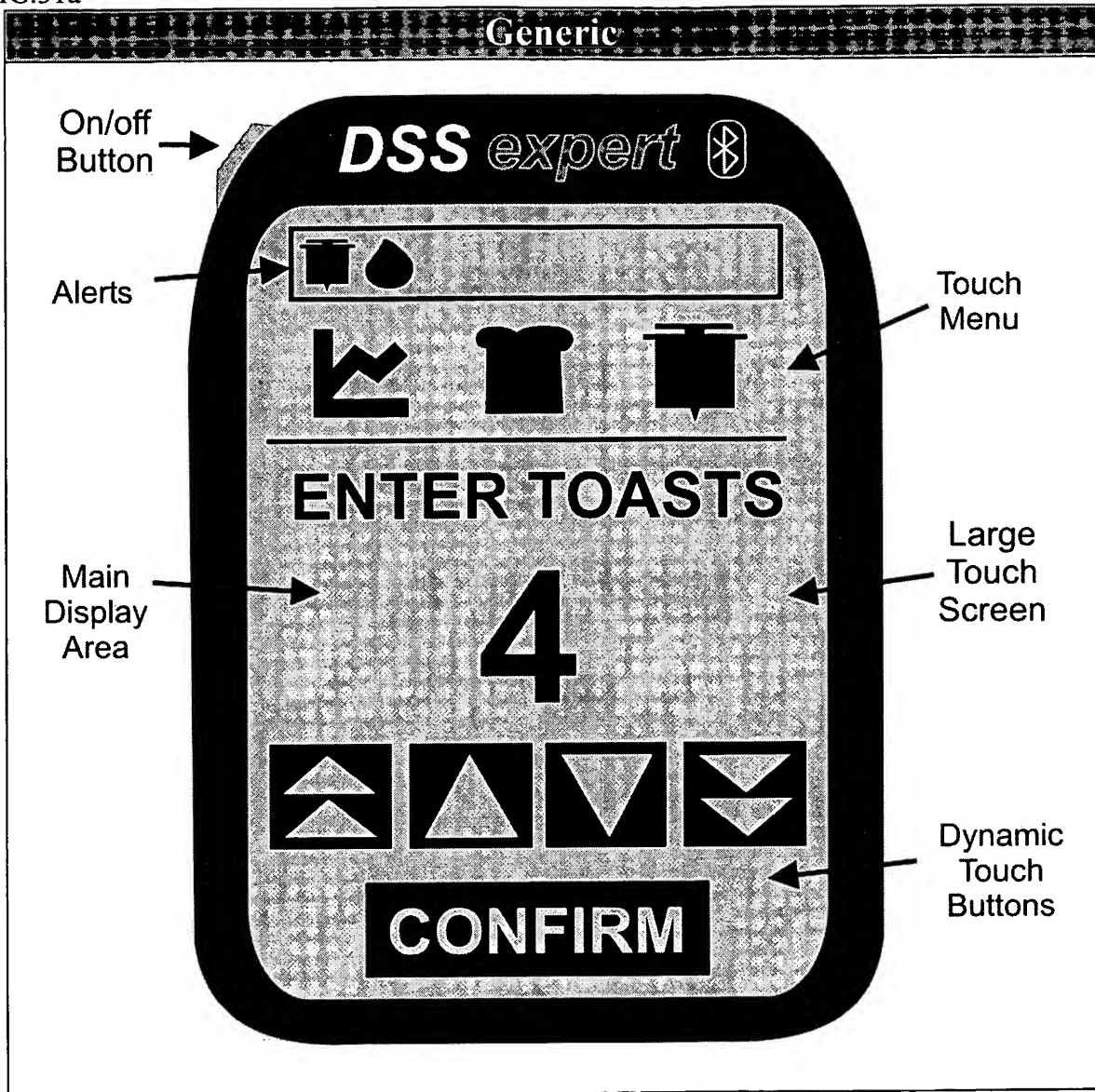


FIG. 31b

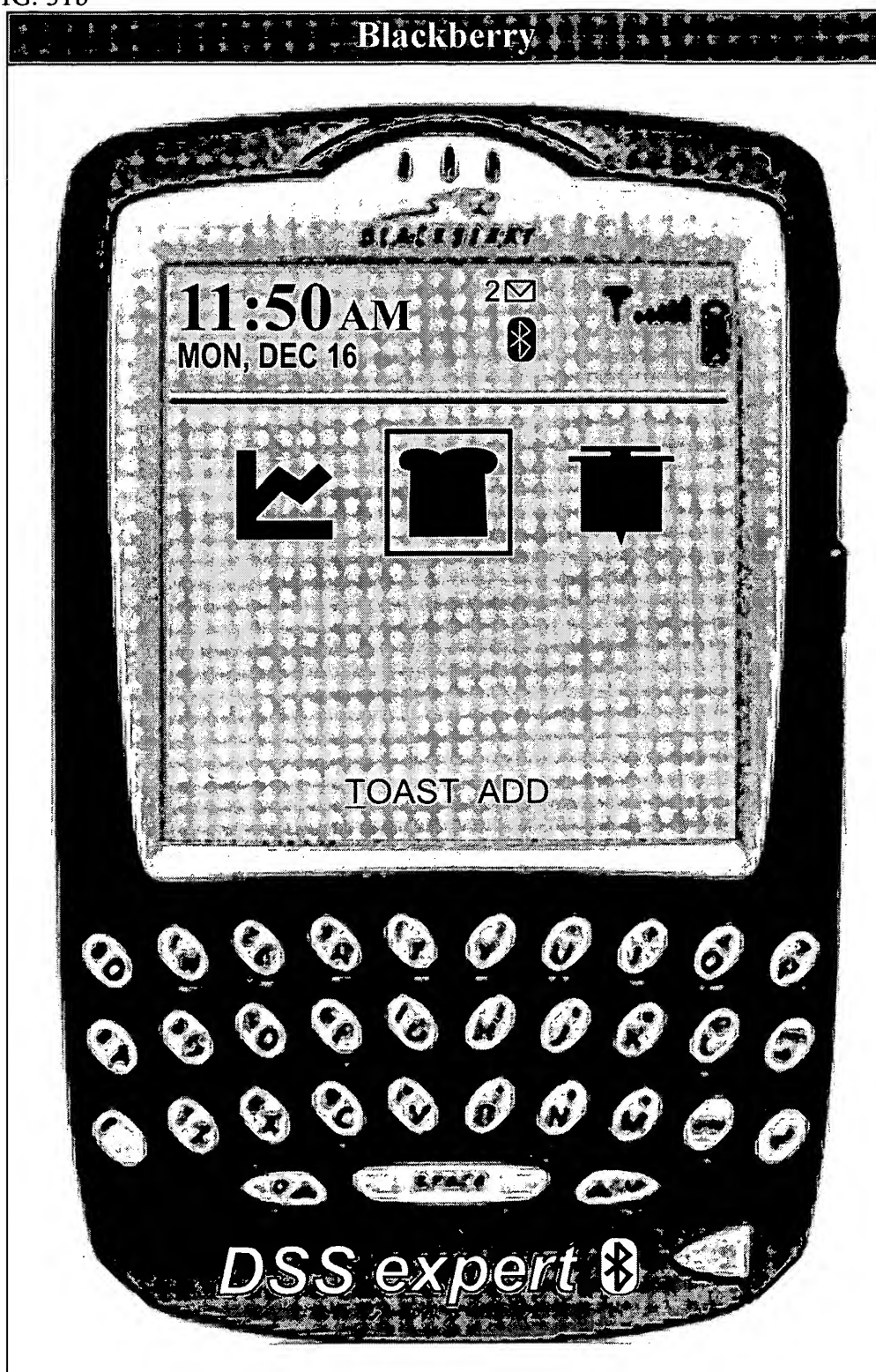


FIG. 31c

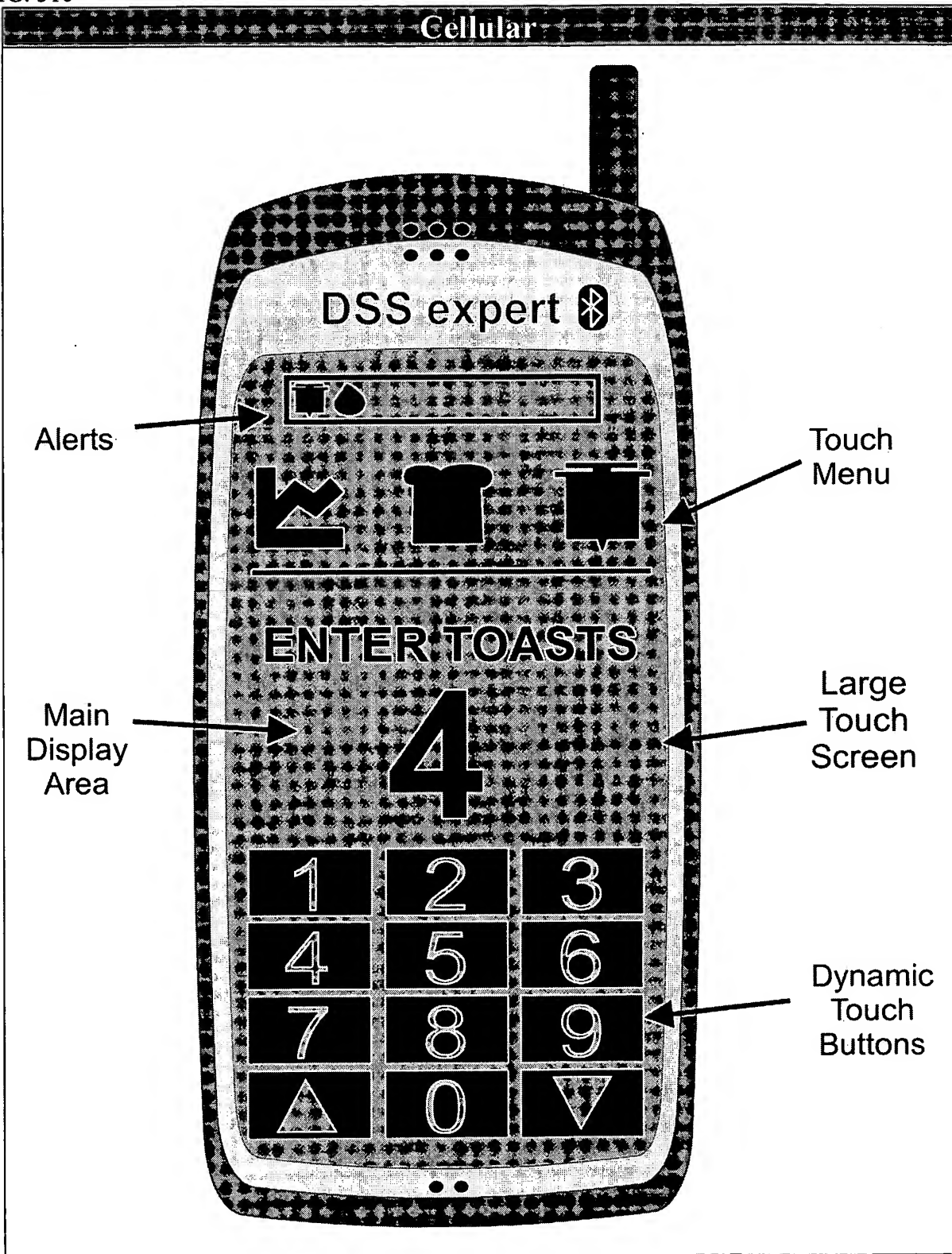


FIG. 31d

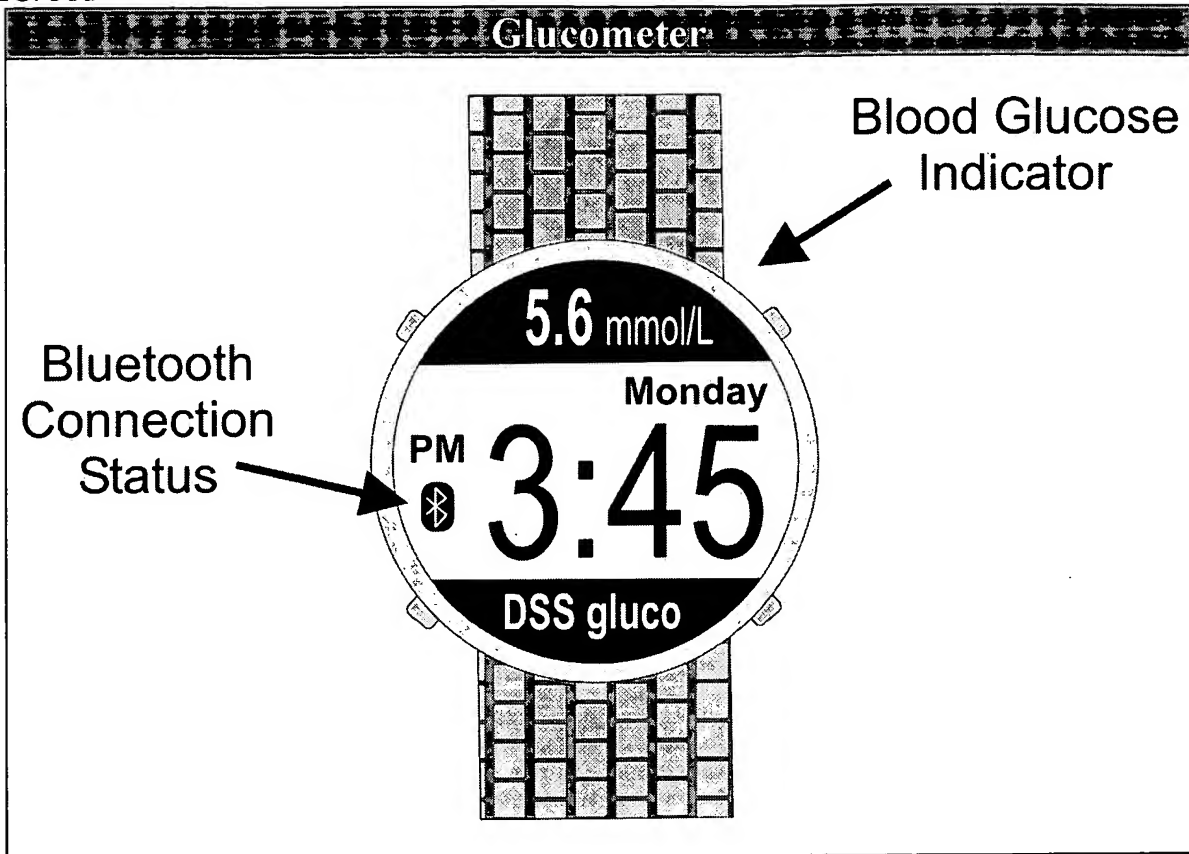
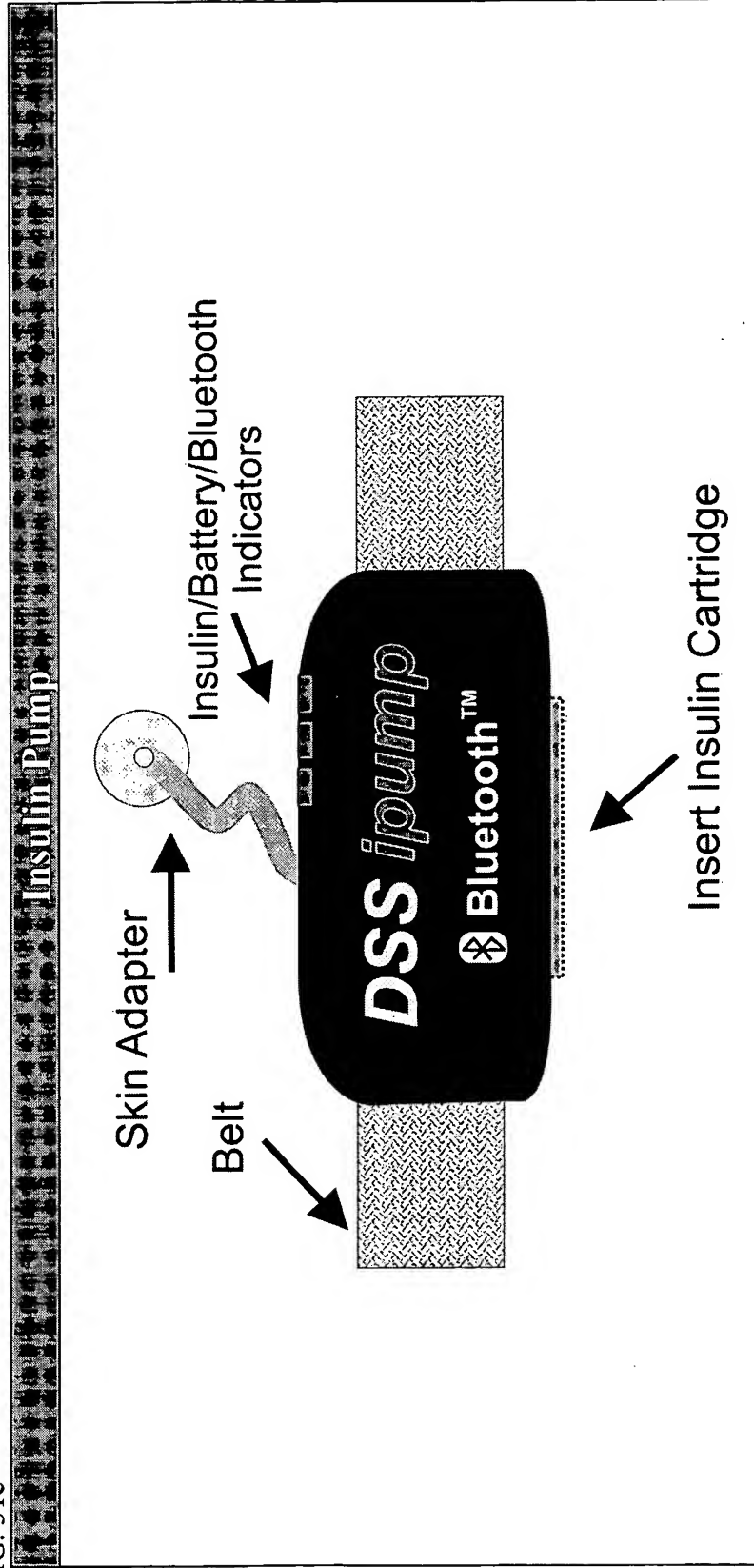




FIG. 31e





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